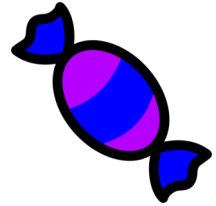


# Sugar Addiction:



## The Cycle



### 1. You eat sugar

-you like it, you crave it

### 2. Blood sugar levels spike

-Dopamine is released in the brain; linked with addiction  
-Insulin is released to drop blood sugar levels

### 4. Hunger/Cravings

-low blood sugar cause increased appetite and hunger  
-CYCLE IS REPEATED

### 3. Blood Sugar Levels Plummet

-High insulin levels cause immediate fat storage  
-Body craves the lost “sugar high”



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